

Berries with Baked Meringue

Ingredients:

- ♣ 1 16-oz. Bag Frozen Mixed Berries
- ♣ Grated Peel of 1/2 Orange (orange part only)
- ♣ 2 tsp. Granulated Sugar
- ♣ 2 Large Egg Whites
- ♣ 1/8 tsp. Cream of Tartar
- ♣ 3 Tbs. granulated sugar

Preparation Time: :30-1 hours

Directions:

Preheat oven to 350 degrees F. Place the berries in a saucepan on low heat. Stir in orange zest and sugar, and cover. Cook, stirring occasionally, until berries are hot throughout. Drain excessive liquid and reserve for later use. Meanwhile, beat egg whites with an electric beater on medium in a clean, grease-free, glass or metal bowl. When they're foamy, stop and add cream of tartar. Continue to beat; when soft peaks form, continue beating while sprinkling in sugar in a slow stream. Continue to beat until peaks are stiff and glossy. Working quickly, divide the hot, not-too-liquidy fruit among four oven-proof bowls or tea cups. (A slotted spoon is helpful here.) Dollop (spoon a puff on) and spread the meringue over each bowl, and place them all in the oven on the middle rack. Bake 10-12 minutes, until the meringue is light brown and puffy, and the fruit underneath is still hot and juicy. Serve each bowl with a saucer or plate underneath, and warn others that the bowls are very hot. To separate an egg's white from its yolk, crack the egg in half. Keep one half in each hand; over a bowl, pour the yolk back and forth between the two eggshell halves, so the white drips into the bowl. Reserve the yolk for later use, or discard. When the juice cools, combine it with a 100% fruit juice such as orange or apple, for an extra serving toward your 5 A Day.

Serves: 4 people

Nutrition:

106 calories
0 grams fat
0 grams saturated fat
0 milligrams cholesterol
27 milligrams sodium
0 grams fiber

This recipe provides **1.0** fruit and vegetable serving per person.